## EASY RECIPE FOR FAMILY FUN.

# **Tasty Veggie Dip**

Serving size: 2 tablespoons Cost per serving: \$0.10

Makes 4 servings Prep time: 2 minutes

### **Ingredients:**

8 oz fat-free plain yogurt 2 tablespoons reduced-sodium taco seasoning

#### **Directions:**

Mix together ingredients. Keep this simple dip in the fridge. It's a tasty addition to fresh veggies or a yummy sauce for tacos.



Bring the kids into the kitchen to help whip up this recipe. They can choose the veggies they want to dip.

Dip. Eat. How easy is that?

#### **Nutrition Information**

Calories: 20 Fat: 0 grams

Sodium: 143 milligrams

Fiber: 0.3 grams Sugar: 2 grams

Calcium: 58 milligrams



